

IN THE CLAIMS

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--11. A composition comprising:

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- (i) a first component selected from the group consisting of C₂-C₈-alkanoyl L-carnitine and salts of C₂-C₈-alkanoyl L-carnitine; and
- (ii) a second component selected from the group consisting of a hydroxycitric acid, a hydroxycitric acid derivative, pantothenic acid, and a pantothenic acid derivative.

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12. The composition of Claim 11, wherein the alkanoyl group of the first component is selected from the group consisting of acetyl, propionyl, butyryl, valeryl and isovaleryl.

13. The composition of Claim 11, wherein the first component is acetyl-L-carnitine, or a salt or ester thereof.

14. The composition of Claim 11, wherein the first component is propionyl-L-carnitine, or a salt or ester thereof.

15. The composition of Claim 14, wherein said pharmaceutically acceptable salt of propionyl L-carnitine is selected from the group consisting of propionyl L-carnitine chloride, propionyl L-carnitine bromide, propionyl L-carnitine orotate, propionyl L-carnitine acid aspartate, propionyl L-carnitine acid phosphate, propionyl L-carnitine fumarate, propionyl L-carnitine lactate, propionyl L-carnitine maleate, propionyl L-carnitine acid maleate, propionyl L-carnitine acid oxalate, propionyl L-carnitine acid sulfate, propionyl L-carnitine glucose phosphate, propionyl L-carnitine tartrate, and propionyl L-carnitine acid tartrate.

16. The composition of Claim 11, wherein the second component is selected from the group consisting of hydroxycitric acid, a salt of hydroxycitric acid, an ester of hydroxycitric acid, and a natural product or extract containing hydroxycitric acid or a salt or ester thereof.

17. The composition of Claim 11, wherein the second component is calcium

hydroxycitrate.

18. The composition of Claim 16, wherein said extract from the fruit selected from the group consisting of Garcinia, Malabar Tamarind and gorikapuli.

19. The composition of Claim 11, wherein the second component is selected from the group consisting of panthothenic acid, 4-phosphopantothenate, 4'-phosphopantothenylcysteine, 4'-phosphopantotheine, pantotheine and pantethine.

20. The composition of Claim 11, wherein the weight ratio of the second component to the first component is:

1:1 to 1:100, when the second component is hydroxycitric acid or a derivative thereof,

and

10:1 to 1:100, when the second component is pantothenic acid or a derivative thereof.

21. The composition of Claim 11, further comprising a vitamin, mineral salt, antioxidant or vegetal fiber.

22. The composition of Claim 11, wherein said composition further comprises chromium.

23. The composition of Claim 11 in a solid, semisolid, liquid, semiliquid, powder, granular or lipsonic form.

24. The composition of Claim 11 in the form of a tablet, capsule, granulate, powder, or as contained within a vial suitable for oral, parenteral, rectal or topical administration.

25. A method for facilitating the metabolism of lipids, comprising administering to a subject in need thereof, an effective amount of the composition of Claim 11.

26. A method for reducing food consumption comprising administering to a subject in need thereof, an effective amount of the composition of Claim 11.

27. A method for reducing body weight comprising administering to a subject in need thereof, an effective amount of the composition of Claim 11.